



# The Power of Why

VOLUNTEER  
SYMPOSIUM 2022

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IDAHO NATIONAL GUARD  
SERVICE MEMBER & FAMILY  
SUPPORT

“Working hard  
for something we  
do not care about  
is called stress,  
working hard for  
something we  
love is called  
passion.”

Simon Sinek

# WELCOME



## FROM THE DIRECTOR

Volunteers are a key element in the overall wellbeing and readiness of our military Family community. Without your willingness to volunteer your time and service, our organization would not be able to support our Soldiers and Families the way that we do. I'd like to thank each of you for raising your hand to join us this weekend - your voice matters. You are the force behind the scenes, and your contribution makes a genuine difference in the lives of the people we serve. Thank you!



LTC Christian O'Leary  
J9 Director  
Service Member & Family Support, Idaho

## MEET YOUR SOLDIER & FAMILY READINESS (SFRS) TEAM

The Soldier & Family Readiness Specialist Team (SFRS) is here to assist service members and families of all branches of service with questions regarding benefits, deployment preparation, navigating the reintegration process, and act as a community advocate for our local military population.

In addition to resource referral and case work, our team also assists Soldier & Family Readiness Groups (SFRGs) and Military Youth Groups with training and activities.





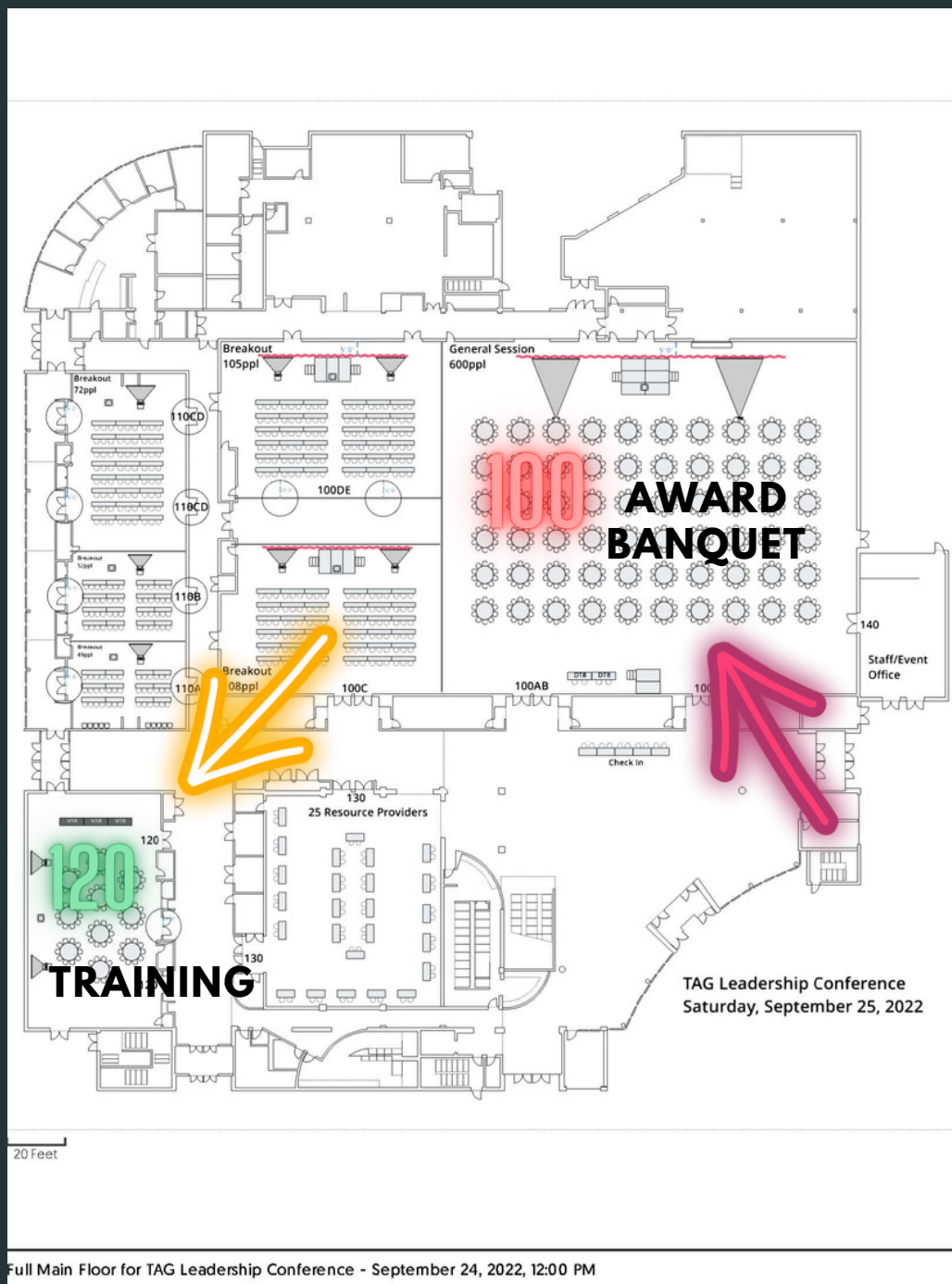
## SCHEDULE OF EVENTS

- Icebreaker Social @ Warhawk Museum, Nampa

- 0700-0900 Check -in & Breakfast
- 0900 - 1600 Volunteer training

- 1730 - 1830  
No-Host Social
- 1830 - 2100  
Awards Banquet

- 0730 - 0830 Check-in and breakfast
- 0830 - 1200 Joint Idaho National Guard Leadership & Volunteer Training





# AGENDA

## SATURDAY 24 SEPT 2022

0700-0900	<b>Check in and Breakfast</b>
0900	Welcome and Introductions
0930	Finding your Why
1030	Break
1100	Juggling Elephants
1200	Lunch & Resource Vendors
1300	Resources Around You
1330	How to Hug a Porcupine
1400	Break
1415	SFRG Volunteer Training
1500	SFRG Panel

## SUNDAY 25 SEPT 2022

0730-0830	<b>Check in and Breakfast</b>
0830	TAG Welcome
0900	Overview of Trends
0930	SFRG Command & Informal Funds
1100	Regional Breakouts
1130	Closing Remarks
	Release for Family Day

## Topics of Discussion:

Please use the corresponding QR codes to access the AARs following each session

### **FINDING YOUR WHY**

Why do we do what we do? Humans tend to be compelled by their reasons for doing something, and need an intrinsic motivation – purpose. This session is a look into the power of "Why" – developing a mission and vision for yourself and how to use your Why for your team's success



### **JUGGLING ELEPHANTS**

Designed by two authors, Loflin & Musig. This training contains advice for anyone who is struggling with time management by using the analogy of your life as a circus and you are the ringmaster of your circus. The session covers an exercise designed to divide the ringmaster's time between 3 rings, Personal, Professional and a Relationship ring. As a group, we will discuss those 3 rings and the techniques to help you focus on one ring at time, without losing sight on your other rings. This concept is a fun and a helpful way to visualize your busy schedule in such a way to be successful in all aspects of your life.



### **RESOURCES AROUND YOU**

You have volunteered, now what? Where do you go and how do you get what is needed to do the job? There are resources all around you and you are not in this alone. This class will help you to identify the tools and resources you can utilize both for yourself and those you work with in your role with the SFRG.



### **HOW TO HUG A PORCUPINE**

Working with people from different backgrounds can bring challenges. This session focuses on recognizing conflict and then illustrating ways to work with challenging people.



### **SOLDIER & FAMILY READINESS GROUP VOLUNTEER TRAINING**

During this session, attendees will be instructed on the new SFRG Volunteer Training. Participants will learn about SFRG mission essential activities as outlined in the new regulations, and define methods of integrated communication.



### **SFRG PANEL & BEST PRACTICES**

During this session, Volunteers will be able to receive words of wisdom from our most experienced volunteers in the field. Volunteers can expect to receive information on best practices & experiences that will assist them in the future of their SFRG. We will also be discussing additional ways to help foster growth in starting a mentorship program around the state of Idaho.



## Visit our Landing Page for More Information:

- Soldier and Family Readiness Group Volunteer Handbook
- Soldier & Family Readiness Group Informal Fund Custodian Handbook
- Army Regulation 608-1
- Links to additional trainings
  - Army Family Team Building
  - Army Financial Literacy Milestone Training



**JOIN OUR CIRCLE!**

**MAKE MEMORIES**

**SHARE YOUR  
PHOTOS FROM THE  
WEEKEND**

**STAY CONNECTED!**



# Notes

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# THANK YOU FOR VOLUNTEERING

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